

## Abstract

This specialized thesis deals with mental hygiene problems in helping professions. The personality of the workers is a tool, which they need for their work. They also create some kind of a relationship with their clients and they are often emotionally involved in their work. That is why they must manage some problems more often than people working in another professions. These problems are for example a helper's syndrome, stress, burnout, depression and psychosomatic problems.

Therefore there should be an inseparable part of their profession – a mental hygiene. It works as a prevention of the problems, which are mentioned above and also as their possible solution.

## Key words

Helping professions

Mental hygiene

Stress

Burnout

Regimen

Self-regulatory techniques